

Dream Alchemy

A Shadow Work Suite for Healing, Awareness, & Dream Exploration

Info & Instructions

To ensure that you get the optimal results, please read the following information and instructions thoroughly before using your *Dream Alchemy* soundtracks.

Welcome to ***Dream Alchemy***! This powerful collection of audio listening experiences is part of Centerpointe's Shadow Work series and uses proprietary neuro-audio technologies to help you recall and understand your dreams, experience healing through your dreams, overcome nightmares and bad dreams, and explore unique lucid dream states of consciousness.

General Listening Guidelines

- Listen with stereo earbuds or headphones
- Listen in a quiet, distraction free environment
- Listen at a comfortably low volume level (louder isn't better)
- Listen while reclining or lying down

- Listen at night or before bed (check individual soundtrack instructions for specific listening recommendations)
- Never listen while driving or when you need to be aware of your surroundings

The Soundtracks

Soundtrack #1: Lucid Dream Activator

Lucid Dream Activator is one of the most advanced **Holosync** soundtracks ever created. It's designed to help you enter a trance-like state of consciousness associated with lucid dreaming. Lucid dreams are dreams in which you maintain awareness in a dream state.



Meditators and consciousness explorers have sought out lucid dream experiences for centuries as a means of self-exploration and healing.

Lucid Dream Activator first guides your brain into very low theta frequencies associated with REM sleep and then at precisely timed moments, it introduces gamma waves - a brainwave pattern researchers have consistently observed in lucid dreamers.

Lucid Dream Activator also includes a newly developed proprietary audio technology called **Lucid State Induction** which uses carefully layered low frequency patterns to produce the ideal trance-like states in which lucid dreams are known to arise.

Note: Lucid Dream Activator is not a sleep induction soundtrack and should not be listened to for the purposes of going to sleep. Lucid Dream Activator may cause you to feel drowsy while listening, and wakeful or alert after the session finishes.

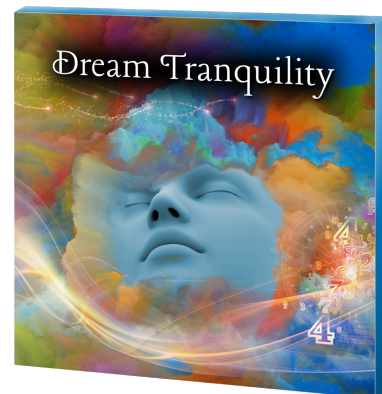
- 40 minutes
- Medium neural driving effect
- Includes Lucid State Induction Technology
- Includes Lateral Carrier Boost 2.0

Soundtrack #2: Dream Tranquility

Dream Tranquility was created to help overcome restless sleep, nightmares, and other sleep disruptions.

When the nervous system stays on high alert, sleep becomes shallow and fragmented. That's when nightmares, night terrors and emotionally charged dreams are most likely to appear.

This track is designed to interrupt that pattern.



Dream Tranquility gently guides the brain into a sustained, shallow delta state, the deeply restorative sleep many people are missing. It also includes our proprietary **Lateral Carrier Boost 2.0** technology, which helps increase communication and synchrony between the two hemispheres of the brain.

To further support emotional calm, this track includes a beautifully crafted sequence of **Autofonix** silent affirmations, reinforcing subconscious feelings of safety, peace, and ease.

This is an ideal track to fall asleep to if you struggle with stressful or restless sleep, nightmares, or night terrors.

Note: This soundtrack is safe for children to help with nightmares or restless sleep.

- 40 minutes
- Light neural driving effect
- Includes Lateral Carrier Boost 2.0
- Includes Autofonix affirmations

Soundtrack #3: Dream Recall

Dream work only becomes meaningful when you can remember your dreams. We designed **Dream Recall** with a complex and precise **Holosync** entrainment sequence to create the ideal neurological conditions that support retention and recall to help dream experiences remain accessible upon waking.



With regular use, you'll find that you remember more dreams, more detail, and more understanding of the symbolism expressed in your dreams.

Dream Recall includes a script of **Autofonix** silent affirmations to support recall, processing, and dream insight.

Note: Some listeners find it helpful to keep a dream journal to track dream experiences and uncover patterns of dream symbolism and meaning.

- 30 minutes
- Medium neural driving effect
- Includes Autofonix affirmations

Soundtrack #4: Deep Dream Healing

Deep Dream Healing was designed to support the most important aspect of sleep: restoration.

This track begins with a gentle, **audible meditation** during the first portion of the listening session. The language is designed to progressively relax the body and mind by calming mental chatter and easing muscle tension.



Includes our proprietary **Lateral Carrier Boost 2.0** technology to improve smooth and synchronous brainwave activity between the two brain hemispheres.

This is your go-to listening session when you want to unwind, reset your nervous system, and allow your mind and body to get the full rejuvenating and healing benefits of deep, peaceful sleep.

- 30 minutes
- Light neural driving effect
- Includes guided meditation (during the first 10 minutes)
- Includes Lateral Carrier Boost 2.0

Additional Details & Frequently Asked Questions

What is “Neural Driving?”

Neural driving is the process of stimulating or “driving” the nervous system with Holosync sound frequencies. The stronger the neural driving effect, the more stimulus is being delivered to the brain and the more potential for significant shifts and changes in the way the brain functions.

Heavier neural driving effects can cause more in the way of unresolved mental and emotional material to be released, whereas lighter neural driving effects are used for certain listening sessions that entail more varied entrainment sessions, audible guided exercises, or higher target states.

It's important to note that while soundtracks with a stronger neural driving effect can potentially produce more in the way of catharsis (the release of old mental and emotional material), not every listening session will feel exactly the same or produce the same effect each time.

As always, you're encouraged to let your nervous system respond to any given session however it needs to in the moment and let each listening experience unfold without an attachment to a specific “effect” or experience.

What is Autofonix?

Autofonix is Centerpointe's proprietary audio encoding method that modulates the frequencies of the human voice to be - unlike conventional subliminal methods - virtually undetectable by the conscious mind but perceptible to the unconscious mind.

With Autofonix we can supply the brain with positive self-talk and inspiring affirmations that by-pass our conscious filters, anchor in the unconscious, and manifest in conscious thoughts and actions over time.

When paired with Holosync, Autofonix affirmations are significantly more effective over time than old-fashioned subliminal or audible affirmations.

As always, a full script of all Autofonix affirmations are included with any soundtrack that includes them.

What is Lateral Carrier Boost 2.0?™

Lateral Carrier Boost 2.0 was developed by the Centerpointe Audio Design Team to enhance the effectiveness of brain wave entrainment by subtly boosting the amplitude of the Holosync carrier frequencies in each channel independently and sequentially several times over the course of the listening session.

Lateral Carrier Boost 2.0 is designed to increase the synchronous neuro-electrical activity between your two cerebral hemispheres,

causing more connectivity and coherence between the two sides of your brain and more “whole brain thinking.”

When your cerebral hemispheres are well connected, you can easily achieve a Flow State and get “in the zone.” It’s like “thinking in stereo.”

The result is a brain firing on “all cylinders;” functioning at optimal efficiency and peak performance. Memory, concentration, focus, retention, recall, and cognition are all improved thanks to the Lateral Carrier Boost technology, as well as making it easier to heal and release old, unresolved mental and emotional material.

If you’ve been looking for a way to increase the effectiveness of your Holosync listening sessions, look no further than Lateral Carrier Boost 2.0 - a one-of-a-kind audio innovation you’ll find nowhere else.

What is Lucid State Induction Technology?™

Lucid State Induction was developed by Centerpointe Audio Design Team to produce deep, trance-like states of consciousness. It uses a complex series of layered low-frequencies to quiet the nervous system while maintaining shallow conscious awareness. This makes it ideal for experiencing lucid dreams or other alternate states of consciousness.

Some Important Things to Remember About Holosync Listening Sessions:

- When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.
- Never listen while driving or riding a bicycle or while doing anything that requires your full attention.
- Always use stereo headphones or earbuds with Holosync audio soundtracks. While the music or nature sounds can be enjoyed without headphones or earbuds, the Holosync neuro audio technology requires stereo separation to produce the desired effects.
- You do not need highly expensive audio gear to listen, (although higher quality audio gear will usually sound better). Any standard stereo earbuds or headphones will work. *(Centerpointe offers a range of affordable, high quality stereo headphones and earbuds. Visit centerpointe.com for details or call 503-672-7117)*
- The soundtracks can be played on any media device or smartphone that supports the mp3 format.
- All soundtracks are offered in high bitrate 320kbps mp3 format to ensure superb audio quality and effectiveness.

- Remember: Not every listening session will yield the same effect. Be prepared for some listening sessions to feel “deeper” or more eventful than others. Never worry about having a “wrong” experience. Your nervous system will provide whatever response it needs to at the time and that may vary from session to session.
- Remember that there is a very wide range of possible benefits and effects of listening to Holosync soundtracks. While some listening sessions will provide an immediate benefit (such as relaxation or a heightened state of focus), other benefits manifest over time as your brain adapts and responds to repeated listening sessions. Be patient and enjoy the changes as they happen!

Frequently Asked Questions:

Q) “I hear a faint hum or buzz on my soundtracks”

A) That’s okay. What you’re hearing is Holosync. While you don’t need to hear it for it to be effective, some listeners will detect the audible presence of Holosync from time to time. Whether or not you hear it depends on many factors (your audio equipment, your natural hearing sensitivity, what soundtrack you’re listening to, how loudly you’re listening, etc). *Again, it doesn't matter whether or not you can consciously hear Holosync – it will still work.*

Q) “Will the soundtracks work better at a louder volume?”

A) No. Listening to loud volume levels is not recommended, could damage your hearing, and will not improve the effects of the soundtracks. *Louder isn't better.* We recommend listening at a comfortably low volume.

Q) “I’m also doing The Holosync Solution program. Can I do both?”

A) Absolutely! Dream Alchemy Suite soundtracks are completely compatible with your Holosync Solution tracks or any other Holosync products. Just pick one time of day for your Holosync Solution session and a different time of day to listen to your Dream Alchemy soundtracks. Be sure to refer to the instructions for each of the soundtracks for listening recommendations.

Q) “Can children listen to these soundtracks?”

A) Dream Alchemy includes the Dream Tranquility soundtrack that can be listened to by children as young as three years old. We don't recommend that children listen to other Holosync soundtracks as they are more potent and designed for an adult nervous system.

Q) "I need more help. Who can I talk to?"

A) You can speak with a real, live person! Our Support & Accelerated Results Coaching Team is here to help!

Our telephone support line is open from
9:00am - 4:30pm Monday - Friday, Pacific Time.

503-672-7117

Or you can email support@centerpointe.com

Got an exciting story or testimonial to share about using your Dream Alchemy collection? We'd love to hear from you! Call or email today!

Disclaimer:

All information, instructions, audio, or other media included with this product is intended for therapeutic support and educational purposes only.

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Anyone with mental or emotional health challenges is advised to seek out professional support and treatment and to use this product solely as an adjunct or therapeutic support to conventional forms of treatment. While Holosync is considered safe, we recommend that you consult with your doctor or therapist before using it. If you are experiencing a serious emotional or mental health condition.

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